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Filling in Dalton McGuinty's seat

Candidates have a mere 28 days to show voters why they should replace the former premier as Ottawa South's MPP

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Diplomatic drama high in the sky

Bolivia's president heads back home following suspicions his plane was carrying NSA leaker Edward Snowden

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MOUTH-WATERING LAMB KOFTAS

PERFECT FOR GRILLING — CONSIDER SERVING THIS MEAT DISH AT A SUMMER PARTY ACCOMPANIED WITH A FRESH SALAD AND PITA BREAD

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GAGA
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Egyptian protesters celebrate the ouster of President Mohammed Morsi in Tahrir Square in Cairo on Wednesday. Morsi's office has called the military measures leading to his dismissal a "full coup." See story, page 11. THE ASSOCIATED PRESS

Local Egyptians have high hopes for homeland

Ousted. In a televised announcement, the head of Egypt's army said Mohammed Morsi was no longer president



JOE
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Some Egyptians in Ottawa are relieved that President Mohammed Morsi was ousted in a military coup carried out Wednesday in Cairo, while others are taking a "wait and see" approach after TV networks aired a bit of déjà vu from 2011.

In a televised announcement, the head of Egypt's army said the Muslim Brotherhood leader was no longer president and elections would be held to choose a successor.

Cairo's Tahrir Square erupted in cheers and fireworks from a large gathering of people as Gen. Abdel-Fattah el-Sissi also said the chief justice of the Supreme constitutional court would take over as interim president.

"From what we see this is a good step because the

Quoted

"If the rule becomes go out in the street and kick the president out or kick the government out, it will happen again.... But, if people come to their senses and try to practise democracy the way it should be practised, we are going to see some change."

Ottawa resident Aly Nawwar

Muslim Brotherhood has proven that they cannot govern the country," said Paul Roufail, a deacon at Ottawa's St. Mary Coptic Orthodox Church. "We're relieved so far everything is going in the right direction."

Tahrir Square was ground zero for the social uprising which led to the February 2011 resignation of former president, Hosni Mubarak.

While many thought a new face in Egyptian Parliament might turn a page for Egypt's history books, it proved to be just as controversial as the previous regime.

Aly Nawwar, a Cairo-born man who lives in Ottawa, said he is in constant contact with his family in Cairo, who he said has been avoiding the mass protests.

As he and his relatives watch the revolution unfold again, he said he worries the country might face the same problems it walked away from in 2011.

Lack of investments and unemployment are some of the biggest challenges Egypt is facing, he said.

"If the rule becomes go out in the street and kick the president out or kick the government out, it will happen again," said Nawwar.

"But, if people come to their senses and try to practise democracy the way it should be practised, we are going to see some change."

WITH FILES FROM THE ASSOCIATED PRESS

Follow Joe Lofaro on
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Elaborate sets, big performances to blow up Bluesfest

Rush, Björk, Dog Blood, Black Keys.

Transit, tech tuned up to keep focus on tracks



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A complex two-set stage performance by Canadian Rock and Roll Hall of Famers Rush and other surprises from Björk and Skrillex's side project Dog Blood will make the 2013 Bluesfest one to remember, according to organizers.

"Rush has a big screen. Their performance is going to be big with high production values," said Al Sauve, the festival's director of media relations, of Rush's set on July 8, as the stage was being raised for opening night on Thursday with a performance by blues-inspired rockers The Black Keys.

"Björk's summer tour has sounded outstanding. I've been watching videos on YouTube," said Sauve.

The singer has been joined on stage recently by 18 members of an Icelandic female choir and large unconventional instruments that play themselves.

"What I love about this business lately, and is my tip of the hat to performances over the past decade, is that performers treat festivals with the utmost respect for fans," he said.

This year the festival will continue a program that added bracelets equipped with an RFID computer chip that lets wearers easily enter and exit.



Crowds gather at the main stage to see Tiesto at last year's Bluesfest. Organizers are promising an eclectic lineup and elaborate stage sets at this year's festival, which begins Thursday. STEVE GRECKE/CONTRIBUTED

Big, brash and ... respectful?

"What I love about this business lately ... is that performers treat festivals with the utmost respect for fans."

Al Sauve, Bluesfest's director of media relations

Last year the festival shut

down the purchase of bulk tickets online to deter scalpers, limiting people to eight, but companies looking to buy for their employees need only contact officials, said operations assistant Tara Ferguson.

guson.

OC Transpo is also beefing

up its service to accommodate all the music lovers trying to make their way to LeBreton Flats from July 4 to 14. Route 107, filling in for suspended O-Train service this

summer, will get more trips in the evenings, with seven to eight minutes between buses, reduced to every 15 minutes on Sundays.

Rapid-transit routes 94, 95, 96, 97 and 98 will also see 35 more articulated buses on festival evenings from 11 p.m. to 11:45 p.m. as crowds leave the grounds around the Canadian War Museum.

Sauve said that although some of the technology has changed and they've been working with moving the stages around this year to

make sure bands don't drown each other out, the real bread and butter that has made the festival a success is executive director Mark Monahan's approach to programming.

"Mark's approach is inclusive," Sauve said, adding that he was surprised by choices like Australian ska group The Cat Empire. "Music played

never precludes music because of its moniker. Mark is always ahead of the curve. He does a lot of work and strives for balance."

17 years at Byward

Hard Rock Cafe to close on high note

The ByWard Market's Hard Rock Cafe will close its doors on Sept. 1.

The Market staple will not renew its franchise agreement after 17 years of business, according to management. Owner Keith Jaggart, 60, has decided it's time to retire.

In addition to the franchise-renewal investment, the restaurant was also due for renovations.

"After 17 years of a restaurant here, it would take a complete facelift and renewal (to modernize the Hard Rock Cafe)," said office manager Heidi Frankish.

The new owners, who could not be named because of a confidentiality agreement, will be reopening in the location with their own restaurant concept.

But the Hard Rock will be closing on a high note, says Frankish.

"Our staff has known since September last year," she said of the closure. "We've had hardly anyone leave us. We certainly expected a bunch. They've just stuck with us."

Some of the 50 staff members that the Hard Rock employs have been with the café since it opened in the ByWard Market, Frankish says. It will be business as usual until Sept. 1, she says.

"Come see us, come say goodbye," Frankish said. "Have some nachos on the patio."

CULLEN BIRD/FOR METRO

Some glitches remain

No big problems with Presto: City

OC Transpo general manager John Manconi said Wednesday there are no major issues with the Presto system and the city is on track to distribute all 200,000 free smart cards to transit users.

He said there are approximately 45,000 cards up for grabs before customers will have to pay \$6 to buy one. **JOE LOFARO/METRO**

Seniors fear changes will rip physio away

Leaving retirement homes. Province says move will allow more seniors to access care



GRAHAM LANKTREE
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Retirement-home residents are speaking up after learning exercise classes and physiotherapy will no longer be available where they live come August.

The provincial government is changing the way it delivers the service, putting some residents on edge.

"We're really worried about losing our exercises here," said 97-year-old Sam Ault, who has lived at the New Edinburgh Square residence for the past 10 years and uses the classes to stay mobile with his walker.

Neighbour Bill Van Rooy, 77, said that it's hard for him to go outside to exercise because the street is uneven and he has no sense of balance. The services would best be delivered to him at the residence, he said.

"By the time people are in their 70s, they are wed to where they live."

Ault and Van Rooy were both concerned for their quality of life after hearing about the changes. The province is moving the public physiotherapy programs from the Ontario Health Insurance Plan to the management of Local Health



New Edinburgh Square residents Sam Ault, Dorothy Field and Bill Van Rooy enjoy an exercise class that keeps them mobile. The province hopes to expand access to physiotherapy, but residents fear they'll be cut out. GRAHAM LANKTREE/METRO

Must get mobile to stay mobile

"There's no way I'm going to get in a truck or van and go someplace else. I will just have to stop doing exercises."

97-year-old Sam Ault

Integrated Networks.

The move will see clinic-based physiotherapy delivered with a doctor's note, in-home physiotherapy for those who are not mobile — Van Rooy and Ault are excluded because they use walkers — and fall-prevention and exercise classes

contracted out to non-profits somewhere in the community.

The changes have been a long time coming, said Sheamus Murphy, director of communications for Deb Matthews, minister of health and long-term care.

"It's the fastest-growing cost

in all of health care," said Murphy. Under the current model, the cost of the program has increased from \$146 million to \$156 million annually.

Murphy said that more than 200,000 seniors will benefit from the expanded service. The thinking, he said, is that as baby boomers age, having exercise, fall prevention and physiotherapy available out in the community, not just in retirement homes, will allow more people who still live at home to access it. "Ultimately many more seniors will benefit," he said.

Accused of 40 violations. Wanted man arrested at Canada Day celebrations

Ottawa police arrested a 24-year-old wanted for numerous firearm offences during the Canada Day celebrations on Rideau Street.

Southel Benslimane was wanted for 40 Criminal Code violations stemming from two incidents over the course of May 10 and July 1, said Staff Sgt. Mark Patterson of the Ottawa Police Service's guns-and-gangs unit. The offences included use of a firearm, pointing a firearm, forcible confinement and uttering threats.

According to Patterson, Benslimane had been identified as a wanted man during police briefings. A downtown patrol officer recognized him from those briefings and arrested him without incident.

CULLEN BIRD/FOR METRO

Lane and ramp closures

417 expansion back underway

More work is underway on the expansion of Highway 417.

Work was scheduled to begin Wednesday evening with overnight lane and ramp closures on the 417 eastbound and westbound between Nicholas Street and the split.

The closures are meant to allow construction on the project, which will add an additional lane in each direction. The new lanes will be used for rapid transit during construction of the Confederation Line, from 2015 to 2018.

Several ramps, including on St. Laurent Boulevard and the Vanier Parkway, were also scheduled to be closed. **CULLEN BIRD/FOR METRO**

New LRT hubs

Would a station by any other name ... sound better?

Members of the public are now able to provide feedback on what to name some of Ottawa's new LRT stations before the city puts the final stamp on them next month.

Pamphlets will be distributed at transit hubs across the city asking people what they think of six station names: Tunney's Pasture, Parliament, Rideau, uOttawa and Tremblay.

"If there's a clear indication that there's a concern about a name, we'll take a look at that," said transit commission chair Diane Deans on Wednesday.

JOE LOFARO/METRO

Change your perspective on the best way to book a flight online.

WESTJET

Buy my boat, please. Propositions, but no offers for ex's sailboat

A Nepean woman who posted a saucy ad on Kijiji in an attempt to sell a sailboat her ex-boyfriend left her holding the bill for has received date offers, but no bites on the boat.

"(One buyer) said come to Winnipeg and I'll date you," Rosalyn Stevens said of one man's offer this week, in response to the tongue-in-cheek ad she posted on May 10.

"I said, 'Just buy the boat, please.' With the ad, I was just trying to have fun with a crappy situation. It certainly worked at getting attention."

Since Metro wrote about the wry post last week, web hits on the ad have doubled to 14,000 from 7,000, Stevens said, and she has been interviewed by CTV and other media.

Stevens, who handles PR for Ottawa's Westfest, said she and the "stupid ex-boyfriend" met when they were 16 and sailing tall ships in the Great Lakes. Their short-lived romance began with a close



Rosalyn Stevens is trying to sell this Alberg 22 on Kijiji after her "commitment-phobe" ex walked away from it. CONTRIBUTED

friendship that lasted for 12 years.

She's trying to sell the Alberg 22 sailboat for \$1,850. This is not Stevens' first boat. She and her father have owned a total of seven sailboats between them. "My next boyfriend can't be afraid of the water," she said. "That's a no-go."

Despite all the attention, "I'm still waiting for someone to put cash in my hand," she said, adding the boat is proving a tough sell.

GRAHAM LANKTREE/METRO

Rideau Street theft

Police seek robbery suspect



Police want to talk to this man about a robbery on June 19. CONTRIBUTED

Ottawa police are looking for a man they believe was involved in a robbery at about 10:30 p.m. on June 19 on the 100 block of Rideau Street. He's described as skinny, in his mid-20s and black. Anyone with information is asked to contact police. METRO

VIA service delayed

Pedestrian killed by train

Train service between Kingston and Toronto was delayed after a train fatally struck a pedestrian, VIA Rail said Wednesday. Some 130 passengers were transferred to buses and police are inves-

tigating, company spokeswoman Mylene Belanger said. The accident happened near Collins Bay, just outside Kingston. THE CANADIAN PRESS

Distracted driving

Cellphone blitz yields 46 tickets

Ottawa police issued 46 tickets in an hour and a half on Wednesday in a cellphone and seatbelt blitz on Highway 174 and Innes Road. Officers were both in uniform and disguised as construction workers. Police said the aim was to remind drivers that using a cellphone while driving is a distraction that could result in a collision. METRO

Mishap on the lake

Swimmer's body recovered

The body of a woman who disappeared while out for a swim in Lake Ontario has been found. Police say the body was spotted on Sunday by a boater near the entrance of the Port Darlington Marina in Clarington, east of Toronto. The 47-year-old woman went missing on June 17 after telling her husband she was going for a swim at a nearby beach. THE CANADIAN PRESS



Liberal John Fraser, left, Progressive Conservative Matt Young, and an as yet undecided NDP candidate will vie for the seat vacated by former premier Dalton McGuinty in Ottawa South. METRO ILLUSTRATION

Candidates prepare for a sprint in Ottawa South

Sprint, not a marathon. Five byelections announced for Aug. 1

Pressing the flesh

"Elections are very simple. They're about getting out there and meeting people and personal contact."

John Fraser, provincial Liberal candidate for Ottawa South



ALEX BOUTILIER
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Candidates have a mere 28 days to show voters why they should replace former premier Dalton McGuinty as the MPP for Ottawa South.

Premier Kathleen Wynne formally announced five byelections on Wednesday, including one in Ottawa South to replace McGuinty, who stepped down as premier in October and resigned from

his seat last month.

John Fraser, a longtime McGuinty aide, has already been canvassing for the Liberals.

Fraser wouldn't say if he thinks McGuinty's tarnished legacy will help or hinder his campaign. Instead he said he's focusing on campaign fundamentals like door-knocking.

"Elections are very simple. They're about getting out there, and meeting

people, and personal contact," Fraser said on Wednesday.

The Progressive Conservatives' Matt Young said he'll be right there alongside Fraser, joking that he might wear out a couple of pairs of shoes in the process.

"We're out tonight banging on doors, we're out tomorrow banging on doors, our signs will be up this week, our office will be open this week," he said.

Young said the party has pledged support for his campaign, although he admits he has a fight ahead of him.

The New Democrats have yet to hold their nomination meeting. That's expected on Saturday, although party headquarters had not finalized the time or place.

Two people are vying for the candidacy: Bronwyn Funicello, vice-chair of the Ottawa-Carleton District School Board, and Wali Farah, director of programs at the Ottawa Community Immigrant Services Organization.

A recent Forum Research poll put the Tories neck and neck with the Liberals, who have held the seat since the election of Dalton McGuinty Sr. in 1987.

Snap byelections 'dangerously undemocratic': Advocates

Holding five byelections across the province with a month's notice on the Thursday before a long weekend is "dangerously undemocratic," a democracy advocacy group says.

Ottawa-based Democracy Watch says Premier Kathleen Wynne's decision to set the byelections date for Aug. 1 was "designed to suppress voter turnout."

"It's going to be rather terrible for voter turnout, putting an election in the summer when a lot of students are away and right before a long weekend," said Tyler Sommers, the group's director.

Sommers said the quick turnaround between the announcement and voting day also benefits the governing Liberals at the expense of the op-

position candidates. He noted that parties in some ridings — including the NDP in Ottawa South — have yet to establish a candidate.

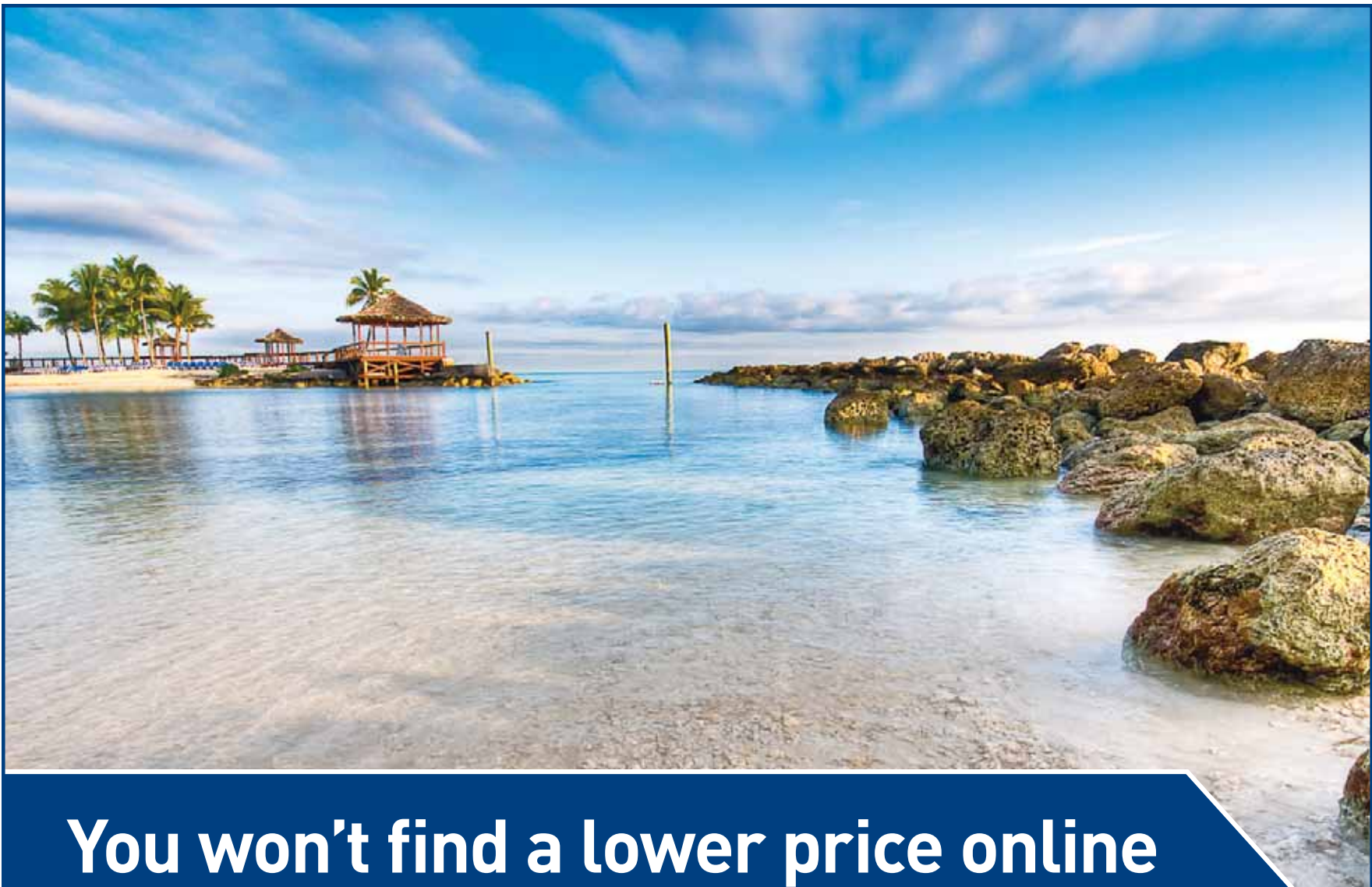
"I think that (the Liberals) feel that it's advantageous to them and that's why they've selected now," he said. "And the problem with our system is that there's nothing that really stops politicians from doing

this."

Democracy Watch wants to take the scheduling of byelections out of the hands of politicians, he said.

The opposition Tories also criticized the timing of the byelections, accusing the Liberals of trying to "escape" the wrath of voters by holding them on a Thursday before the holiday.

ALEX BOUTILIER/METRO



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A picture posted on Twitter by Chris Hadfield with the words: "Stampede 101 - get boots to be Marshal for the parade. I love how these turned out! They have that new boot smell." TWITTER

Hadfield puts universal stamp on Stampede

Parade marshal.
Retired astronaut makes supporting Alberta flood victims his top priority



JEREMY NOLAÏS
Metro in Calgary

Chris Hadfield's first order of business when he sets foot in Calgary Thursday will be to buy a Stampede "Hell or High Water" T-shirt in support of Alberta flood victims.

Like so many, the Canadian

astronaut said he's marvelled at the resilience of thousands of Albertans affected by waters that surged two weeks ago to levels not seen in a lifetime.

"It brings out what people really find important," Hadfield told Metro in an interview Wednesday afternoon. "You collect things, you build a particular set of circumstances, but all of us realize in our heart of hearts ... what really matters are the people and how we help each other."

Now, the 53-year-old space cowboy will spend four days helping kick off the 101st running of the Calgary Stampede, taking over parade-marshal duties Friday morning for the

second time after accepting an invitation from organizers while still in orbit aboard the International Space Station.

But the ever-modest astronaut believes his accomplishments, which include three space flights, will take a back seat to a larger cause over the next 10 days.

"I see my role very much as one of support and service," said Hadfield, who has personal connections to the area, with family in Calgary and having previously trained as a CF-18 fighter pilot in Cold Lake, Alta., in the mid-1980s.

While orbiting the Earth for five straight months at nearly eight kilometres a second, Hadfield installed a "disaster



Canadian astronaut Chris Hadfield
THE CANADIAN PRESS

Not his first rodeo

It will be Hadfield's fourth trip to the Stampede overall — he first journeyed to the grounds as a boy with his father — and his first major outing after formally retiring from government service Wednesday.

cam" on the ISS that was first put to the test during Alberta's floods. The device snapped 25 images of the destruction from June 22-24 and relayed those images to aid emergency planners on the ground.

But now the astronaut's focus is on the people and the Stampede itself, an event he regards as being world-class with a truly homegrown feel.

"I'm really pleased and honoured that the organizing folks asked me to come, that I could accept from orbit of all places," he said.

Rocket rider

"I will do my absolute best, even with the weather doing such damage, to make it as out-of-this-world of an event as I can."

Canadian astronaut Chris Hadfield, on his role as the parade marshal at the Calgary Stampede

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Wisconsin court ruling

Parents who chose prayers over doctors properly convicted

Parents who prayed instead of seeking medical help as their daughter died in front of them were properly convicted of homicide, the Wisconsin Supreme Court ruled Wednesday.

Eleven-year-old Madeline Kara Neumann died of

undiagnosed diabetes on Easter 2008. Prosecutors said her parents ignored obvious symptoms of severe illness, choosing to pray rather than take her to a doctor. After the girl died, her mother Leilani Neumann told police God would raise the child from the dead. Doctors testified the child would have had a good chance of survival had she received medical care.

The couple was charged with second-degree reckless homicide. **THE ASSOCIATED PRESS**

Cleveland, Ohio

Suspect in rape, kidnapping case ruled fit for trial

A man charged with holding three women captive in his Cleveland home for about a decade and raping them is competent to stand trial, a judge ruled Wednesday.

Judge Michael Russo said the results of an examination of Ariel Castro last week

showed that he is mentally able to understand the charges and assist attorneys in his defence.

Also Wednesday, prosecutor Saleh Awadallah said a meeting is planned July 11 to discuss the possibility of seeking the death penalty for Castro, 52, who faces aggravated murder charges stemming from allegations that he caused the deliberate termination of one of the women's pregnancies.

THE ASSOCIATED PRESS

Did alleged jihadist use drugs?

B.C. legislature.

Ex-bandmate recalls accused bomb plotter



John Nuttall BANDMIX.CA

Four years ago, the man RCMP say planned a Canada Day terror attack at the British Columbia legislature was too drunk and violent to be kept on as the guitarist in a heavy-metal band, according to a fellow musician.

But some time between March 2009 — after his failed tryout for The Lust Boys in Victoria — and this March, when an indictment says the bombing conspiracy began, John Nuttall allegedly became a home-grown terrorist inspired by al-Qaida to kill fellow Canadians.

"It's crazy stuff," said Colin Stuart, a.k.a. Tommy Thrust, who met Nuttall through a musician forum. "It doesn't really make any sense to me really, because back when he was in the band ... he never made any reference to religion at all. He was more into politics."

Nuttall did a month tryout for the band but they parted ways at the end of March 2009.

"It didn't work out, because basically Mr. Nuttall was extremely difficult to work with and he would always be at rehearsal completely either drunk or messed up on some kind of substance," Stuart said Wednesday.

Nuttall, 38, and his partner, Amanda Korody, were arrested on Monday and charged with three counts each in relation to an alleged plot to detonate bombs at the B.C. legislature in Victoria on Canada Day, as thousands celebrated the national holiday. **THE CANADIAN PRESS**



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Thou shalt not gouge

Canada's major wireless carriers want to overturn provisions in the new wireless code of conduct that would apply terms of the code to contracts signed before the rules come into force on Dec. 2. The CRTC said Wednesday that customers can terminate their contracts after two years without penalty, even if they signed on for longer. **CARLOS OSORIO/TORSTAR NEWS SERVICE**



Sinkhole swallows Ohio car and driver

A car lies at the bottom of a more than three-metre-deep sinkhole caused by a broken water line in Toledo, Ohio, Wednesday, in this photo provided by the Toledo Fire and Rescue Department. Police say the driver, 60-year-old Pamela Knox of Toledo, was shaken up and didn't appear hurt but was taken to a hospital as a precaution. She was able to climb out on her own using a ladder. LT. MATTHEW HERTZFELD/THE ASSOCIATED PRESS

Performer's death ruled accidental

The death of Cirque de soleil performer Sarah Guillot-Guyard last Saturday in Las Vegas has been ruled accidental by the Clark County coroner's office in Nevada.

The 31-year-old woman died after she fell more than

25 metres while performing in front of an audience at Las Vegas's MGM Grand hotel.

The show momentarily continued, then stopped. Minutes after the accident, a recorded announcement informed audience members

that refunds or vouchers to future shows would be offered, and the crowd was dismissed.

The incident was the first stage casualty in the company's 29-year history, according to a Cirque spokeswoman.

THE CANADIAN PRESS

The plane truth: No sign of Snowden on president's aircraft

Austria. Officials said Bolivian president's plane searched by border police

Bolivia's president left Europe for home on Wednesday in a diplomatic drama after his flight was rerouted and delayed overnight in Austria, allegedly because of suspicions he was trying to spirit NSA leaker Edward Snowden to Latin America.

Bolivia accused the United States of ordering European countries to block President Evo Morales' flight from their airspace, and accused European governments of "aggression" by thwarting the flight.

It's unclear whether European countries did block the plane. French, Spanish and



Bolivia's President Evo Morales boards his plane at Vienna's Schwechat airport Wednesday. The plane was rerouted to Austria after some European countries refused to let it cross their airspace over suspicions that Edward Snowden was on board, Bolivian officials said. HANS PUNZ/THE ASSOCIATED PRESS

Portuguese officials all said Wednesday the plane was allowed to cross their territory.

Snowden himself remains out of public view, believed to be stuck in a Moscow airport transit area, seeking asylum from one of more than a doz-

en countries.

The emergency stop in Austria may have been caused by a dispute over where the plane could refuel and whether European authorities could inspect it for signs of Snowden. THE ASSOCIATED PRESS

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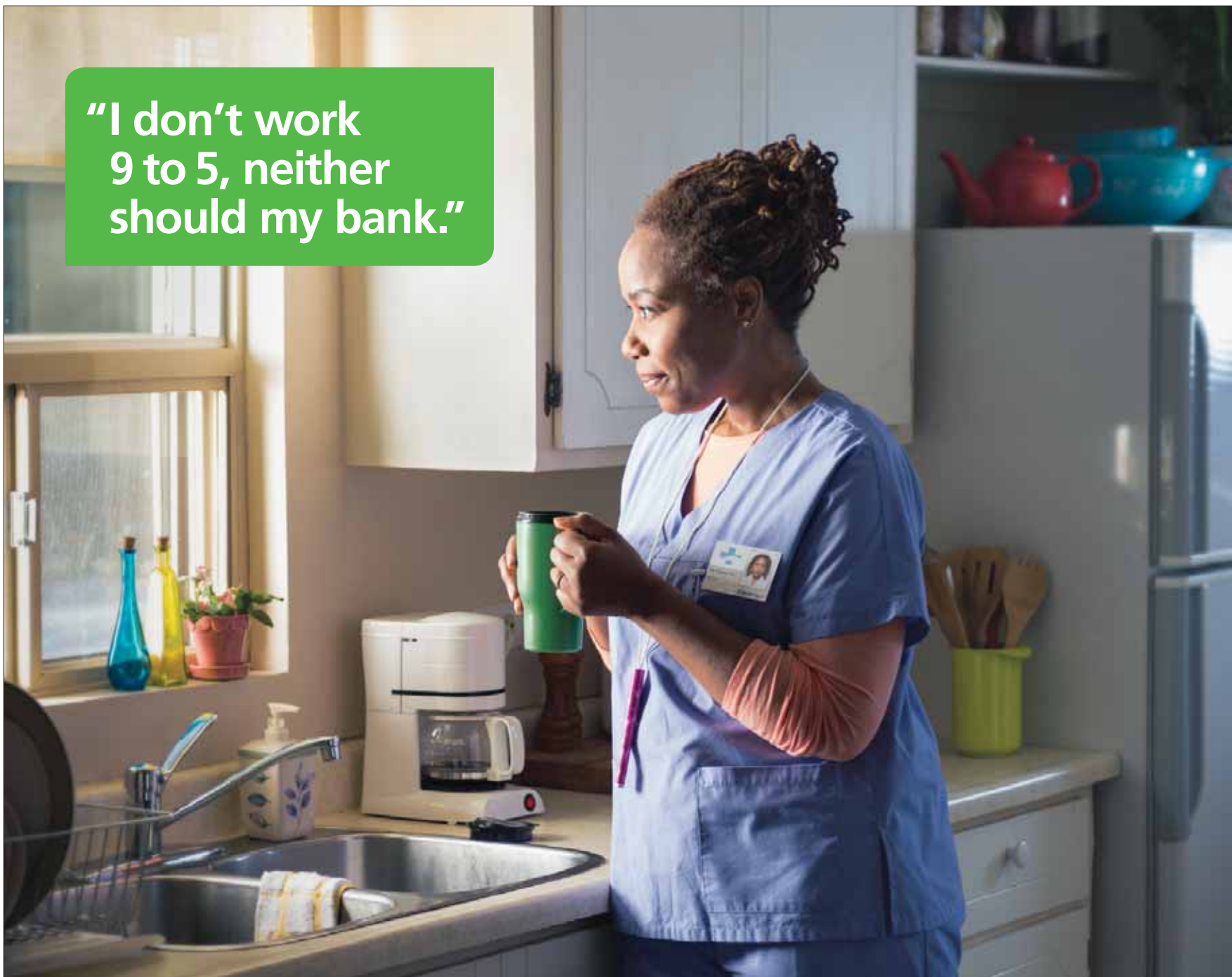
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Egyptians jubilant after army gives Morsi the boot

Overthrow. Chief justice of Supreme Constitutional Court will step in as interim president, military says

The armed forces ousted Egypt's first democratically elected president on Wednesday after just a year in power, installing a temporary civilian government, suspending the constitution and calling for new elections. Islamist President Mohammed Morsi denounced it as a "full coup" by the military.

After the televised announcement by the army chief, millions of anti-Morsi protesters in cities around the country erupted in delirious scenes of joy, with shouts of "God is

great" and "Long live Egypt."

Fireworks burst over dancing crowds and waving flags in Cairo's Tahrir Square, epicentre of the 2011 uprising that ousted autocrat Hosni Mubarak. It was one of multiple centres of a stunning four-day anti-Morsi revolt that brought out the biggest anti-government rallies Egypt has seen.

But the move potentially throws the country into further confrontation.

Moments after the army statement, a statement on the Egyptian president's office's Twitter account quoted Morsi as saying the military's measures "represent a full coup categorically rejected by all the free men of our nation."

Some of Morsi's Islamist backers, tens of thousands of whom took to the streets in recent days, have vowed to fight to the end. **THE ASSOCIATED PRESS**



Egyptians celebrate at a Cairo teahouse after army chief Gen. Abdel-Fattah el-Sissi's announcement Wednesday that President Mohammed Morsi will be replaced. Egypt's military has suspended the Islamist-backed constitution and called early elections. HIRO KOMAE/THE ASSOCIATED PRESS

Twitter reaction

Tahrir Square Nation
@tahrirsqrnation

We're not celebrating an ending, we're celebrating a beginning.

The Big Pharaoh, blogger
@TheBigPharaoh

If you want to topple your president, get a bunch of Egyptians. They'll do the job very well. They're very experienced now.

Tarek Shalaby, blogger
@tarekshalaby

I'm shocked at activists cheering on the army's coup and the subsequent crackdown of Islamists like it's all part of #Jan25! Unbelievable!

Dr. Hellyer, academic
@hahellyer

I'm concerned about the backlash by, and against, the #MB, and any violence. I'm worried the MOI and the military will get a blank cheque.

Edmonton

Girl left in hot car dies in hospital

Edmonton police say a little girl left inside a parked car as outside temperatures soared above 30 C has died despite the best efforts of first responders.

The three-year-old child was found near death Tuesday evening outside a townhouse complex.

Paramedics performed CPR and provided hydration before the youngster was taken by ambulance to the Stollery Children's Hospital.

"EMS and (Edmonton Fire Department) did what they could to resuscitate the child. Despite their best efforts, the child was taken to hospital and subsequently died," Det. Scott Jones said Wednesday.

It's not known who rescued the girl or how long she had been in the vehicle.

"It's a horrible tragedy," said Jones.

"It's just another tragic reminder ... when it's sweltering hot outside, we need to make sure kids are not anywhere near a vehicle."

The temperature in Edmonton hit 33 C on Tuesday and humidity levels made it feel more like 43 C.

THE CANADIAN PRESS

Ruling. Mandela's grandson ordered to return relatives' bodies

In a macabre family feud fought as Nelson Mandela remained in critical condition, a South African court ruled Wednesday that the former president's grandson must return the bodies of the 94-year-old's three deceased children to their original burial site.

Mandela is in "perilous" condition and on life support, according to an affidavit filed Friday and made public in the ruling Wednesday, according to a South African newspaper.

The judge's order means that grandson Mandla Mandela must reverse the action he took in 2011, when he moved the

bodies from Mandela's hometown in Qunu to his birthplace of Mvezo, about 25 kilometres away. Mandla Mandela has authority in Mvezo as a tribal chief and has plans to create a Mandela shrine, hotel and soccer stadium there.

Mandela said he wanted to be buried in Qunu and attended the burial of his son at the family plot there in 2005.

Family divisions became public this week when 15 Mandela members, including wife Graca Machel, pressed a court case to order Mandla Mandela to return the bodies to Qunu.

THE ASSOCIATED PRESS



A man cleans a street in front of a fence with get-well letters and flowers in support of former South African president Nelson Mandela at the entrance to the Mediclinic Heart Hospital in Pretoria, South Africa, on Wednesday.

MARKUS SCHREIBER/THE ASSOCIATED PRESS



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U.S. weed retailers look for a pot of gold

Hashing out a plan.

Ex-Microsoft exec aims to be the Bill Gates of bud merchandising

KIERON MONKS
Metro World News

Weed has come a long way from student parties and police evidence rooms, and as legalization gathers pace across the world, many believe it represents the next great industry.

"Marijuana is like a gold rush ... and I would like to be the Coca-Cola brand," says Jamen Shively, a former Microsoft executive who is now preparing to launch Diego Pellicer, the largest retailer yet. "After we launch in Washington (state), we will replicate that model throughout the Americas and Western Europe."

With supporters including former Mexican president Vicente Fox, Shively is confidently projecting profits of over \$100,000 US from the first



When most people think of weed retailing, they think of grow-supply shops. But a U.S. executive now wants to launch a chain of stores to sell the finished product. GETTY IMAGES FILE

month of operation, which is likely to be in early 2014. "It's the most consumed illicit substance in the world — and the golden rule of marketing is, 'It's better to be first than best.'"

Medical marijuana alone is worth \$2 billion US in the U.S. and grows 24 per cent each year. Last year, Colorado and Washington became the first U.S. states to legalize the drug for recreational use, and with more states set to follow suit,

momentum and commercial opportunity is growing.

"I would expect the first stores for recreational use to open in January (2014)," says Dan Riffle, deputy director of government relations for the Marijuana Policy Project. "After that, you could see the federal government legalizing within four to five years."

But as the industry grows, Riffle expects larger companies such as Shively's to be hit with up to 25 per cent tax on transactions. "They would pitch it low enough to hit the black market but high enough not to be seen as encouraging use."

Such fears — along with the difficulties of moving a substance still widely illegal — have kept the major tobacco firms out until now, but activists would welcome them. "The more capital is in the industry the more it gets pushed forward," says Kris Krane, head of the Students for Sensible Drug Policy. "These firms have lawyers and lobbyists that can accelerate the process."



Not such a people person

Honda Motor Co.'s walking, talking interactive robot Asimo is running into glitches in its new job as a guide at Tokyo's Miraikan science museum. The bubble-headed machine, shown walking up a set of stairs at the museum during a demonstration event on Wednesday, had problems telling the difference between people raising their hands to ask questions and those aiming their smartphones to take photos. It froze mid-action and repeated a programmed remark, "Who wants to ask Asimo a question?" SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Television

Netflix signs new deal with PBS

Netflix Inc. said it has agreed on an expanded multi-year licensing deal with PBS Distribution, making more PBS programming available to its subscribers in the U.S. and Canada. Starting in the fall, Netflix will have exclusive streaming rights to U.K. murder mystery series 'The Bletchley Circle'. The deal also covers documentaries from filmmaker Ken Burns.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.15¢ (+0.35¢)

TSX
12,145.68 (-32.70)

OIL
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GOLD
\$1,251.90 US (+\$8.50)

Natural gas: \$3.69 US (+4¢)
Dow Jones: 14,988.55 (+56.14)

Telecom

Rogers to launch reward program

Rogers will begin rolling out a new loyalty program on Monday in a bid to keep customers from switching to rival carriers.

"Something that most major carriers worldwide

do not do well at is recognizing and rewarding customers for tenure," said executive vice-president and chief marketing officer John Boynton.

Wireless carriers also get criticized for treating new customers better than existing ones, said Boynton. "Those are two specific things we want to address

with customers with the new loyalty program," he said.

Wireless, cable, Internet and home phone clients will be able to earn points that can be redeemed for rewards such as U.S. roaming packages, premium TV content and upgraded Internet packages. THE CANADIAN PRESS

YouTube

Google sets sights on 'Generation C'

Google is searching for Internet addicts roughly 18 to 34, who spend seemingly every waking hour connected to the Internet, who are comfortable on camera, don't mind getting personal

with millions of strangers around the world, and have a knack for trend spotting.

The search giant is looking for members of that cohort that has come to be known as "Generation C."

The digital natives of Generation C are seen as the early adopters who will help legitimize YouTube as a real rival to conventional TV,

since they're already looking to the video platform for prime-time entertainment. They'd rather watch an hour's worth of short five-minute clips than whatever sitcoms and dramas are on TV. They're also enthusiastic creators of engaging, shareable content that attracts the young eyeballs advertisers covet. THE CANADIAN PRESS



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WHY WORK ISN'T WORKING

Beer commercials have lied to me about Canadian youth.

If the ads are true, then Canucks should be gallivanting around the world trying to dethrone Australians as the World's Most Obnoxious Tourists. But instead, I keep reading about highly qualified Canadian students with low-paying, miserable jobs.

It's hard to gallivant at \$8 an hour.

Sometimes it's even an unpaid internship, where you get the opportunity to hear about "your" generation's sense of entitlement from a paid, union-shielded employee who calls in sick every time hockey goes to overtime.

My advice? Don't let these people talk down to you. Let me talk down to you. Follow my example and you can see how these early, difficult steps can be a stairway to success.

Be innovative. My first job was in newspapers — in the vital delivery sector — and at age 10 I was on the vanguard of innovation.



HE SAYS
John Mazerolle
metronews.ca

Papers were much thicker then, because they had to protect the TV listings, also known as the heart of the industry. You could get a story completely wrong and you might get three angry letters, each containing the words "standards" and "all my years."

But if the TV schedule was missing, you could count on a large mob of elderly women carrying pitchforks and torches demanding blood and/or a free subscription. (Usually the newspaper would sacrifice an unpaid intern.)

And here's where I got innovative: When the newspapers were especially heavy, I would pick up the full bundle and toss it into a ravine, then say the papers never arrived. I believe this was the earliest iteration of "I never got your email," an accomplishment for which I am duly proud.

Leverage your relationships. The BiWay doesn't exist anymore, but it was the sort of store that specialized in cheap socks and boxes of crushed cookies. The customers thought I was an idiot because I worked there, and I thought they were idiots be-

cause they were shopping there.

I was as awkward around the customers as possible so that my boss would put me in the storeroom where I could count things and not talk to anybody.

I could have been an accountant, but decided the best job for somebody who didn't want to talk to anybody was the media.

When you find a job you like, cling to it. One day during my first year in journalism, a stranger started yelling at me for the unforgivable sin of being a reporter. He made airplane parts and said, "You know, if we made as many mistakes as you people, a lot of people would die!"

After lamenting the loss of so many hypothetical people, I realized he hated me without even knowing me. It was then I knew I loved journalism.

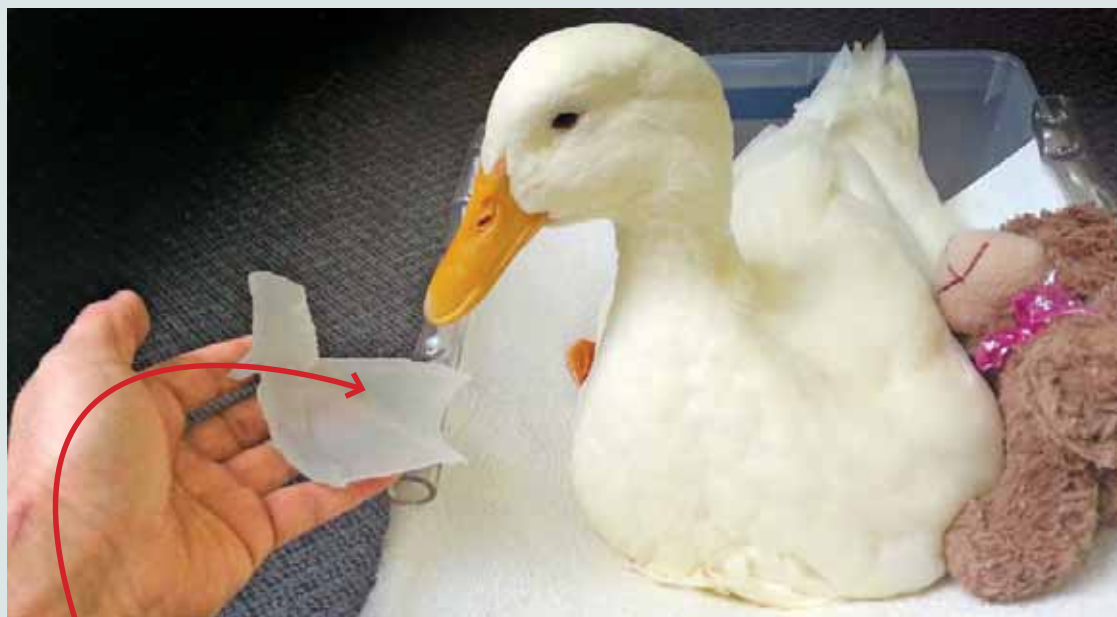
So, as you can see, with the right attitude you too can work in miserable jobs for a decade or more so that you can end up in a job where people think that you're pond scum.

I trust my story has inspired you, perhaps to tears. If not, have a beer to forget.

When I read about the working struggles of today's youth, it just makes me ill. I think I'll call in sick.

ZOOM

Put your 3D-printed foot forward



FEATHERED ANGELS WATERFOWL SANCTUARY/REX FEATURES

Cheer up, Buttercup: Lucky duck gets prosthetic foot

When Buttercup the duck was born with his left foot turned backwards, he seemed destined to hobble.

But, thanks to cutting-edge 3D printing technology, the white duck now has a brand new webbed prosthesis. Buttercup was born with his disability at a high school

biology lab before being handed over to Arlington, Tenn.-based Feathered Angels Waterfowl Sanctuary.

In February 2012, an 83-year-old woman in the Netherlands received a new 3D-printed lower jaw made from titanium. And in May of this year, South African carpenter Richard van As created a prosthetic hand — which helps people who have missing fingers. **METRO**

Ducking destiny

"There was always the big unknown of whether or not it would work and if he would accept it. If he didn't like the prosthetic, it wouldn't have mattered how many times I changed it."

Mike Garey, founder of the Feathered Angels Waterfowl Sanctuary

Path to prosthesis

- **Amputation.** First, Buttercup's disfigured foot was removed.
- **Mould and silicone.** Then 3D-printing specialists NovaCopy scanned the left foot of Buttercup's sister Minnie and printed a 3D mould used to cast a silicone foot.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

There's more to Google Street View than trawling dull streets hoping to catch a glimpse of LARPer or a saucy roadside transaction. Try dropping the little man on these famous buildings for a glimpse inside.

Canada's Parliament:

Kick off your tour with a stroll across Centre Block floors polished to a glow and poke your head in the first-floor library. Sadly, the limits of technology prevent you from a Chrétien-style run up the stairs.

Burj Khalifa:

Whether it's the height or the cost of airfare that's making your knees weak, don't let it hold you back from experiencing a view of Dubai from the top of the world's largest building.

360 Cities:

Are you the type of person who sniffs at feats of architecture, what with their stench of humankind and all? Lucky for you the very cool site 360cities.net also hosts panoramic views of coral reefs, shipwrecks and aerial scenes captured by RC planes.



Comments

RE: 3D-Printed Gun Under Lock And Key At University of Toronto, published July 3

Plastic gun, BIG DEAL. Most of the bad things are in the stores for the buying, no questions asked. Last Boston marathon they were calling it a pressure cooker bomb filled with fireworks. Both are still around. I have the feeling that a computer isn't needed to make this plastic gun. **mikejb posted to metronews.ca**

Exactly, it's plastic. People can make real ones easily. What a pointless story. **Richard Bulmer posted to metronews.ca**

RE: Jennifer Lopez: Happy Birthday Mr. Human Rights Violator, published July 3

From American Idol judge to playing Turkmenistan. Sounds about right. **Dangerpayrayray posted to metronews.ca**

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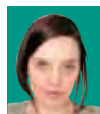
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Knocking it out of the park

Home Runs for Autism.

How a Twitter exchange with Jose Canseco turned into a charity event with star power



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

In just one year, Home Runs for Autism has gone from an online dare to a star-studded annual fundraiser for the Children's Hospital of Eastern Ontario.

It all started last spring when founder Evan Malamud, a recreational softball player, noticed former Major League Baseball great Jose Canseco challenging other athletes at their own sports and figured he would offer up his own unique challenge.

"I tweeted him maybe five times, no response," says Malamud.

"Finally, I said I wanted to do a home run challenge for charity and he said, 'Charity? Let me hear what you got.'"

After exchanging a few ideas via Twitter, Malamud sent Canseco his phone number, just in case the former MLB star wanted to follow up.

As it turns out, he did.

"I'm sitting at work and, all of a sudden, the phone rings and it's a Los Angeles area code. I answered it and there he was. He goes, 'Is this Evan?' and I said 'Yes' and he says, 'It's Jose Canseco.'"

That was last April.

In just more than a

month, the pair threw together a home run derby and charity softball game, donating the proceeds — more than \$10,000 — to CHEO's autism program.

And that's not all.

Canseco liked Ottawa so much that he enlisted Malamud's help organizing a youth batting camp at Bell High School last summer.

The two have since become good friends.

For this year's Home Runs for Autism event, a handful of NHL alumni will be on hand — Jason York, Shaun Van Allen, Larry Skinner, Chris Valentine, Fred Barrett and Doug Smith — as well as Ottawa Senators centre Mika Zibanejad and Sens prospect Codi Ceci.

After seeing a flurry of tweets between Malamud and Canseco online, two-time heavyweight champion of the world, Riddick Bowe,

has also offered up his help.

Malamud is hoping the money raised through this year's Home Runs for Autism surpasses last year's total.

And with all of the big names taking part this time around, he's confident the event will raise more funds than the inaugural one.

"The reason why we're doing this is for awareness and to promote a good cause and have fun doing it."



Former MLB MVP Jose Canseco, left, with Evan Malamud, founder of Home Runs for Autism. SEAN SISK

Tickets

Watch Team Hockey take on Team Baseball at 2 p.m. on Saturday, July 6 at Carlington Park.

- **Online.** Tickets are \$12. Proceeds will be donated to CHEO's autism program. For more info, go to homerunsforautism.com

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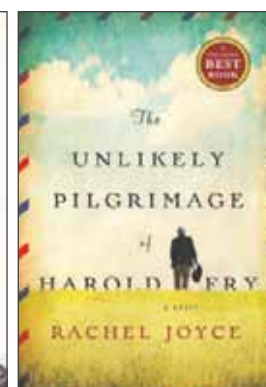
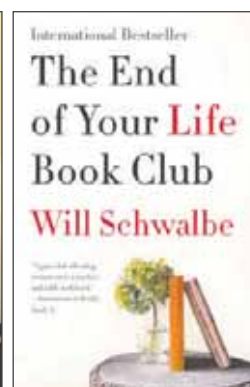
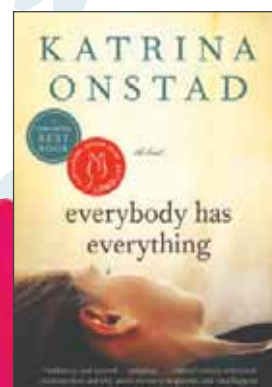
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Meek Mill. ALL PHOTOS GETTY IMAGES

Meek Mill has to tighten up his Twitter game

Oh man, if only we could mandate half of the people we know on Twitter and Facebook to do this! A Philadelphia judge has ordered rapper Meek Mill to complete a series of etiquette classes to "refine his use of social media" at a probation violation hearing (for drug and gun charges) last week.

A cursory glance at Meek's Twitter reveals that the rapper is prone to tweeting explicit and kinda misogynistic recommendations for lady behaviour which, while gross, isn't much worse than the kind of stuff half the pimply teen boys across America post to their various social media outlets daily.

Twitter



@AmandaBynes

I'm In Love With Someone Else Who I Do Not Follow On Twitter Who Is The Most Gorgeous Man I Know But Drake Comes In Second



@justinbieber

interesting how some people in the media wanna take shots at me for no reason. all good, keeping it positive over here. all about the music



@ParisHilton

Packing up all my Summer clothes & favorite things to move over to my Malibu Beach house. #TheBu #BeachLife #SummerTime #Fun Loves it ;)

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Get it through your Thicke head, he's talking about his junk

ALEXANDRA M. CAVALLO
Metro World News

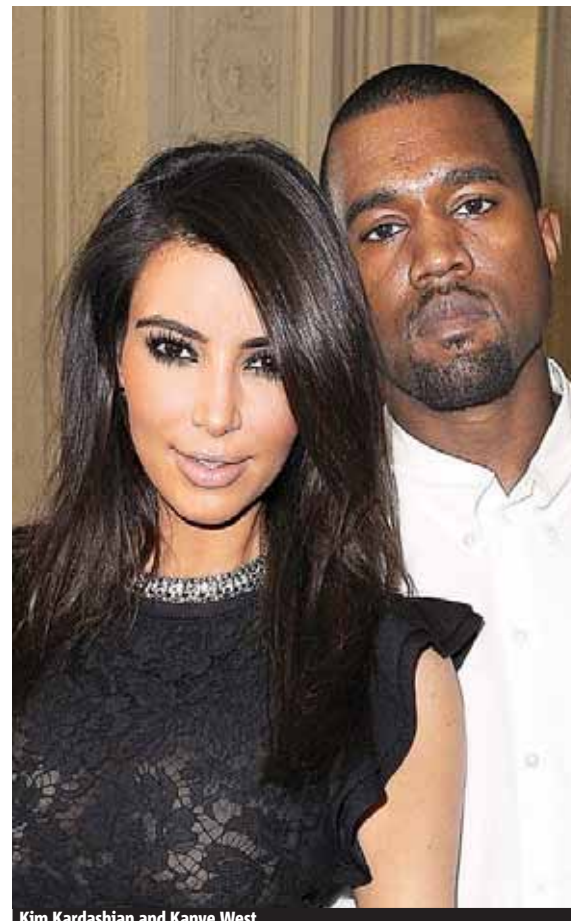
Sometimes, when I remember that Robin Thicke's dad is Alan Thicke, I laugh a lot because, oh man, what would Dr. Seaver say? Dude used to blow a lid when Mike stayed up past 9 p.m. eating ice cream and here's Robin mouth-sexing a chocolate cone while eye-sexing half-naked models in the video for Blurred Lines.

Good thing, then,

that Robin's real life isn't anything like an episode of Growing Pains, because I'm pretty sure Papa Seaver might actually have a heart attack when he caught wind of Robin's new song, which, if possible, is even more inappropriate than its predecessor.

The new joint Give it 2 U (because not spelling out full words is hella sexy, as everybody knows) features a guest spot by BET Awards-sweeper Kendrick Lamar and is about, uh, well, Thicke giving it to you. It being his big, thick, throb-bing ... heart.

And here's the thing — despite being almost obnoxiously sexual (is that even a thing?) it's sort of a totally catchy jam. It'll get stuck in your head, much like Thicke plans to stick his ... never mind.



Kim Kardashian and Kanye West.

Kim and Kanye won't sell pictures of their kid

In one of the first public things Kim Kardashian and Kanye West have done in quite some time that didn't make us want to move to Siberia or some other place where people had more pressing matters (like foraging for food so as not to die) than Kim's pregnant cankles to worry about, the couple have not accepted a very large sum of money in exchange for the first

photos of their newborn kid.

According to US Weekly, K Squared turned down a \$3 million dollar offer for the very first pictures of North West — which is like three cents in Kardashian/Yeezy currency — but still.

It's a fairly decent move.

Unless, of course, they're holding out for a better offer. In which case, same old Kanye.

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SHOPPERS DRUG MART



A*M*E is the girl to be

Shoulder pads with 'POW!' The British singer has written tracks with Emili Sande and toured with Jessie J. She talks to us about her personal style

ROMINA
MCGUINNESS
Metro World News

As a child, Amy Kabba, better known as A*M*E, fled a war-torn Sierra Leone and moved to London, where she discovered The Backstreet Boys, 'N Sync and Destiny's Child. And nope, she's not embarrassed to admit she's still a fan of '90s pop. The 18-year-old will be releasing her debut album later this year, but in the meantime, the BBC Sound of 2013 nominee opens up about her crush on Rihanna, love of Louboutins and the power of a bold lip.

As a new artist, is it difficult deciding on what your look will be?

You have to appear with a certain look, which is difficult because it's almost impossible to think of something that hasn't been done. But as a person, you grow and your style is going to change. My style is bold

The three things she wears the most



Christian Louboutin Pigalle heels

"They're really sexy. It's a designer label so people see them and are like, 'She's really into her fashion!'"

Topshop super high-waisted 'Joni' jeans

"I'm really petite and these seem to be the only jeans that fit me perfectly."



KTZ gold cut-out letter gold necklace

"Off stage and during the day-to-day, I don't really wear a lot of jewelry but as A*M*E I wear way more."



and bright. I once wore this Shara Hayz body suit with frosty shoulder pads that was so incredible.

I wear a lot of pieces that are like, "POW!" I like to take risks, and being a darker skin tone, bright clothes and accessories work well on me.

Are there any stages that you look back on and cringe?

I can never really say where my style will go. It evolves with me and whatever influences me at that time. When I was younger, everything used to have to match. I was addicted

to Primark stripey tops. And having plimsolls that matched the stripey top. And wearing a ribbon in my hair to match the plimsolls and the top. It was horrible — my dark phase!

Given the chance, whose closet would you raid?

Rihanna's. I've got the biggest style crush on her. She wears a lot of things most people wouldn't dare to wear and she rocks them great.

I think we've got pretty similar tastes, so I think I could find some really nice outfits.

And if the offer came up, would you switch lives with Beyoncé?

Yes! She's the meaning of hard work and that's exactly what you need in this industry. She's where she is because she's incredible at what she does.

You moved to London from Sierra Leone as a child. Why did you leave?

My family fled the war in Sierra Leone and moved to London in the hope of a better life. I was really young so I don't remember too much, other than that it was really hot!

The building blocks of her style

A bold lip

"I feel like wearing a pop of colour on my lips makes me stand out a bit more. I usually wear MAC Shy Girl lipstick with a bit of gloss on top."



High heels

"I'm a heelaholic. I can't stop buying shoes. It's not because of my height; I'm 5'2" and love being short. It's more about how the heel looks."

Oversized T-shirt dresses

"I love to wear oversized tops as dresses. I get most of mine from Ashish. It looks cool, it's comfortable and I find that it's really cute on smaller girls."



Scarves

"As a singer, it's important to keep your neck super warm. So I wear a lot of scarves from Topshop and Warehouse."



3 TIPS

A few gadgets for staying cool

Summertime is officially heating up in most areas of the country. Keeping cool isn't all about hanging out in the local air conditioned shopping mall this summer. Enjoy your apartment and stay cool with some home-related gadgets to help lower the temperatures.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cordless fan/radio

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Iced coffee maker

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Cool pet mat

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Air control

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Cooling mattress

KoolComfort memory foam with an open-cell structure is more breathable, creating a cooler sleep surface. iComfort Genius Mattress, \$1,600, sertacanada.com.



Frozen treats

Add low-fat yogurt or fruit juices to create guilt-free frozen desserts or, simply make rich, decadent ice cream! Cuisinart's Yogurt Sorbet & Ice Cream Maker, \$110, thebay.com.



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Cleaning techniques

Housekeeping myth: cleaning piano keys with toothpaste



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I have no idea who came up with this idea but I recently read an article on housekeeping that suggested "rubbing each piano key carefully with a damp cotton swab and a dollop of toothpaste. Wipe, dry and buff with a clean cloth."

Well I must admit I thought this was the silliest thing I had ever heard of. Toothpaste is abrasive and can damage the piano keys.

So to investigate I called Alex Hahn, whose stepmother coincidentally was my Grade 7 English teacher, to help me with this myth.

Alex agreed with me that toothpaste sounded too abrasive and did not



Do you take your piano to the dentist? Then don't clean it with toothpaste.
ISTOCK IMAGES

recommend such a technique.

So here is where the real lesson for me began. Alex asked me "what kind of dirt are we taking about, surface dirt or yellowing of the piano keys?"

Well what a fantastic question, neither of which I had even thought of. So if we are only talking about regular surface dirt from playing the piano, then either a solution of 50/50 of vinegar and water or warm water with a drop

of PH neutral dish soap with a cotton cloth is all you need.

If the keys are yellowing than Alex suggested direct sunlight as one method that can work.

If the piano is being restored, a professional can very lightly sand and buff the keys back to a beautiful sheen.

So there you go, toothpaste for your teeth and vinegar and water for your piano!

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Little lamb who eats thee — in Koftas?

Koftas are a popular meat dish enjoyed in many countries and with good reason; they are absolutely deliciously satisfying.

This version fuses seasoned lamb with rice and is drizzled with refreshing Tahini yogurt sauce.

Perfect for grilling — indoors or out — consider serving Koftas at a summer party accompanied with a fresh salad and pita bread

1. Tahini Yogurt Sauce: In a small bowl, mix together the yogurt, tahini, lemon juice, olive oil, half of the parsley, the salt and cayenne. Stir in 3 tbsp (45 ml) water, or enough to make a thick yet pourable consistency; set aside.

2. Lamb Koftas: In a food processor, purée the pista-

Nutritional analysis

Per serving (2 koftas with naan bread and sauce)

- 681 calories, 38 g fat, 11 g saturated fat, 137 mg cholesterol, 1,020 mg sodium, 46 g carbohydrates, 5 g fibre, 39 g protein

chios, parsley, green onions, 3 tbsp (45 ml) water, egg, garlic, mint, coriander, paprika, salt, cinnamon and pepper until smooth, stopping to scrape down sides. Transfer to bowl; stir in rice until combined. Add lamb, mixing well.

3. Divide into 8 portions; form each into elongated egg

Ingredients

Tahini Yogurt Sauce

- 1/2 cup (125 ml) plain Greek or Balkan-style yogurt
- 3 tbsp (45 ml) tahini
- 1 1/2 tbsp (22 ml) lemon juice
- 1 tbsp (15 ml) extra-virgin olive oil
- 2 tbsp (30 ml) chopped fresh parsley or dill
- Pinch each salt and cayenne pepper
- 3 tbsp (45 ml) water (approx)

Lamb Koftas

- 1/2 cup (125 ml) shelled pistachio nuts or cashews
- 1/4 cup (60 ml) chopped fresh parsley

- 2 green onions, chopped
- 3 tbsp (45 ml) water
- 1 egg
- 1 clove garlic, chopped
- 1 tsp (5 ml) each dried mint, ground coriander and paprika
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) each cinnamon and freshly ground pepper
- 1 cup (250 ml) cooked and cooled U.S. white or brown rice
- 1 lb (500 g) ground lamb
- 2 pieces naan bread, halved
- 1/4 cup (60 ml) thinly sliced red onion
- 12 cherry tomatoes, halved
- 4 radishes, thinly sliced



This recipe serves four. RICEINFO.COM

shape. Thread 1 kofta onto each of 8 metal or soaked wooden skewers. Grill skewers, covered, on greased grill or in greased grill pan (if in

grill pan, omit skewers) over medium heat, turning twice to create 3 sides, until no longer pink inside, 10 to 12 minutes.

4. Grill naan bread until warmed through, about 30 seconds; transfer to plates, along with two skewers each. Scatter red onion, tomatoes,

radishes and remaining parsley on top. Serve with Tahini yogurt sauce drizzled overtop.

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Summer grilling, had me a blast — but uh-oh those chicken bites



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Grilling chicken during the summer months is a healthy, not to mention delicious, way to eat.

Ingredients

- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)
- 1 cup diced fresh pineapple
- 1/3 cup diced red bell pepper
- 1/3 cup diced ripe avocado
- 1/4 cup chopped fresh cilantro or basil
- 1 tsp lemon juice
- 1 tsp honey
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 1/2 tsp low-sodium soy sauce
- 1/2 tsp finely chopped garlic

Grilled Chicken with Pineapple Salsa



This recipe serves six. ROSE REISMAN

Put a sweet fruit salsa over top and, voila, you have an entertaining entrée with an exotic addition.

Feel free to substitute the pineapple for mango, peaches or plums. Add a little jalapeno or hot sauce

for an extra kick

1. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to an even 1/2-inch thickness. Set aside.

2. Prepare the salsa by combining the pineapple, red bell pepper, avocado, cilantro, lemon juice, honey and zest, olive oil, soy sauce and garlic in a bowl.

3. Preheat a barbecue to

medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken for 3 minutes per side or until no longer pink. Serve the salsa on the grilled chicken.

Gobble gobble to a healthier burger

You'll flip over this re-invented, healthier burger.

1. In bowl, beat egg with soy

Ingredients

- 1 egg
- 1 1/2 tbsp (22 ml) soy sauce
- 2 tsp (10 ml) grated ginger
- 1/2 tsp (2 ml) hot sauce
- 1 clove garlic, minced
- 1 lb (500 g) ground turkey
- 1 cup (250 ml) cooked and cooled U.S. white rice
- 1/2 cup (125 ml) chopped drained water chestnuts
- 1/2 cup (125 ml) thinly sliced green onions
- 4 round slices fresh pineapple, peeled, cut 1/2-inch (1 cm) thick; core removed
- Sesame Mayonnaise**
- 1/3 cup (75 ml) mayonnaise
- 2 tsp (10 ml) sesame oil
- 2 tsp (10 ml) Dijon mustard
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) rice vinegar



This recipe serves four. RICEINFO.COM

sauce, ginger, hot sauce and garlic; mix in turkey, rice, water chestnuts and green onions. Shape into four 1/2-inch (1 cm) thick patties.

2. Grill patties and pineapple slices, covered, on greased grill or in greased grill pan over medium-high heat, turning once, until pineapple is lightly charred, about 4 minutes, and

until patties are no longer pink inside, about 10 minutes.

3. Sesame Mayonnaise: In bowl, combine mayo, sesame oil, mustard, soy and vinegar.

4. Split buns; toast on grill, if desired. Spread with Sesame Mayonnaise then pile on patties, lettuce, pineapple, tomato and onion. RICEINFO.COM

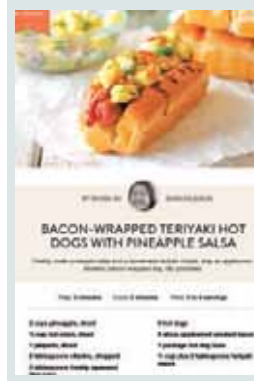
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Foodie Recipes
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MIND THE APP
Kris Abel
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For their quintessential summer edition, Foodie cookbook editors have gathered an enticing mix of gourmet hot dogs, fruity cocktails, grilled tacos, outdoor salads, barbecue sandwiches and rich ice cream creations.



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TIPS TO EASE MOVING DAY STRESS

Can moving be a stress-free experience? We think so, if you Trash It, Pack It, Protect It and Book It, plus follow a few other moving day suggestions.

TRASH IT: As soon as you know you're moving, start cleaning and culling. We all have a tendency to collect things over the years, neglected items that find their way into the backs of closets, corners of the basement and the garage. Go through those items and get rid of them.

Remember, if you don't think you need it, you don't need it. Once you've thoroughly cleaned your current home and purged yourself of the clutter, it's time to start thinking about packing. Eight to 10 weeks before the move is the right time to begin.

PACK IT: Start in your home's low traffic areas and think about the order in which you box and seal up your belongings. Pack the things you know you won't be using. You would be surprised how many people pack away their blenders then crave a margarita toast to the old place. Once you've determined the packing order, how do you ensure your belongings arrive safely?

PROTECT IT: Even the most experienced moving company can't guarantee against some damage during the move, but you and a reputable moving company can improve the odds.

The method of packing is critical. Anything fragile should be wrapped tightly in bubble wrap or in newspaper and the items should fit snugly in the box. Resist the temptation to overfill. It's always easier to get more boxes than replace broken treasures.

For an added sense of security, line your boxes with a layer of newspaper or bubblewrap. Also, remember to label anything fragile as such. Write Fragile clearly on the top and sides of each box. But for the things of extraordinary value, keep them separate.

Don't put important papers, irreplaceable heirlooms, currency and/or jewelry on the moving truck. They're safer with you.

BOOK IT: The other important method to protecting your stuff lies directly with the truck and movers you hire. Reputable movers need to be booked six to eight weeks before the move and reputable movers are what you need.

Before booking with a company, ask for



ISTOCKPHOTO/THINKSTOCK

recommendations from your rental agent, your friends or associates.

Always check the mover's standing with the Better Business Bureau or the Canadian Association of Movers, ask for references and get everything in writing.

When negotiating, the movers will ask how big a truck you need? The rule of thumb says to assume 12 mid-sized boxes per room, plus large pieces of furniture. Most people tend to underestimate the amount of stuff and are shocked by how much room is taken up in

the truck. Despite the costs, in this case err on the side of caution and order the bigger truck.

Finally, consider your timing. Remember the busiest moving month days are the last three and first three days of the month. These are therefore the most expensive. Avoid them if possible by seeing if your new place might be ready earlier.

Article courtesy Sheryl Erenberg. Erenberg is president of Sheryl Erenberg and Associates. Her marketing consulting firm specializes in marketing communities. Visit sherylerenberg.com



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NBA

Rose still on the road to recovery from torn ACL

Chicago Bulls star Derrick Rose says he's still recovering from knee surgery and vows to show sitting out last season was the right decision.

In an interview posted Wednesday on the team's website, Rose said he had to be selfish in his rehab as he tried to work his way back from a torn anterior cruciate ligament in his left knee even though sitting out was "one of the hardest things I've had to go through in my life."

Rose practised without restrictions the last few months of the season but never suited up for a game even though he had medical clearance. He and the Bulls never publicly ruled out a return, either.

THE ASSOCIATED PRESS

NBA

Ginobili putting off retirement

Manu Ginobili is sticking around to see if the San Antonio Spurs can get back to the top.

Ginobili tweeted Wednesday that he is staying with the team he has helped win three NBA titles and nearly a fourth last month.

"Thrilled to announce that as I always hoped, I'm gonna stay with the @Spurs for two more years," he wrote.

Ginobili, who turns 36 this month, battled injuries during the season and said he would think about retirement after the playoffs. THE ASSOCIATED PRESS

Brit shows his grit in five-set victory

Wimbledon. Murray pleases home crowd by overcoming two-set deficit against Verdasco to advance to semifinals

In the stands and from afar, some of the biggest names in Britain were cheering on Andy Murray at Wimbledon.

There was Alex Ferguson, the recently retired manager of Manchester United, sitting among the crowd at the All England Club and smiling broadly. And there was David Cameron, the country's prime minister, tweeting his well-wishes before the match and then later a photo of him watching it on television.

Murray didn't let either of them down, or any of his other millions of fans, but he did make it hard to take at times.

The second-seeded Briton advanced to the Wimbledon semifinals for the fifth straight year, overcoming a two-set deficit to beat Fernando Verdasco 4-6, 3-6, 6-1, 6-4, 7-5 Wednesday on Centre Court.

"I think when you play more and more matches and gain more experience you understand how to turn matches around and how to change the momentum of games," Murray said, relating

his comeback win to one of Ferguson's famous late turn-arounds with Man United. "Maybe when I was younger I could have lost that match. But I think I've learned how to come back from tough situations more as I got older."

Ferguson is becoming something of a regular at Murray's big matches. Along with Sean Connery, Ferguson even crashed a post-match news conference last year after Murray won his first Grand Slam title at the U.S. Open.

Ferguson didn't make it that far this time, but there could be two matches still to go at Wimbledon, where a British man has not won the title since Fred Perry in 1936.

"Just got off the court a few minutes ago, so I haven't seen anyone yet," Murray said flatly about Ferguson, perhaps trying to downplay the feeling of having such an accomplished fan in his corner.

One of many accomplished fans, it turns out.

Cameron may have skipped the trip out to the All England Club, but before the match he wrote on Twitter that he wished Murray luck. He did the same for Laura Robson ahead of her fourth-round loss on Monday, leading some to think his gesture could be a bad omen, a so-called "Cameron curse."

THE ASSOCIATED PRESS

Quoted

"What he tweets has absolutely zero bearing on the outcome of my match today. Zero at all."

Andy Murray assuring reporters that there is no such thing as the "Cameron curse" following British Prime Minister David Cameron's well-wishes.



Andy Murray celebrates beating Fernando Verdasco in the quarter-finals of Wimbledon on Wednesday in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Glendale approves arena-lease agreement



Jobing.com Arena, where the Coyotes play their home games, as shown in Glendale, Ariz., on June 13, 2012. THE ASSOCIATED PRESS FILE

The Phoenix Coyotes' bid to find stability dragged on for four years and stretched for four more tense hours as the Glendale City Council debated on a lease agreement with a group trying to buy the team.

Finally, as the clock ticked toward midnight, the council voted 4-3 in favour of the 15-year, \$225-million deal, all but ensuring the Coyotes will stay in Arizona.

Renaissance Sports and Entertainment still must complete the lease deal and its purchase of the team from the

NHL by Aug. 5, but it appears their fight to find an owner has ended. RSE is led by Canadian businessmen George Gosbee and Anthony LeBlanc.

Now, after four years of being run by the league, the Coyotes will be able to compete for players who had been financially out of their reach and retain more of the players already on the team.

The NHL has operated the Coyotes since former owner Jerry Moyes took the team into bankruptcy in 2009.

THE ASSOCIATED PRESS

Meanwhile in Quebec City

Quebec City Mayor Regis Labeaume says he's still optimistic about getting an NHL team — even if it won't be the one currently in Phoenix.

- Quebec has begun building a \$400-million arena, with mainly public money, in the hope of bringing back a pro team to replace the old Nordiques.

THE CANADIAN PRESS

NHL teams unload expired talent to free up cap space

Free agency. Vets bought out, waived across the league as teams look to rebuild

In a scramble by NHL teams to free space under the salary cap before the start of free agency, five veteran players were placed on unconditional waivers on Wednesday.

The Minnesota Wild confirmed they waived defenceman Tom Gilbert for the purpose of buying out the remaining year of his contract. The Nashville Predators said they placed forward Sergei Kostitsyn on waivers.

Also waived, according to a person familiar with the moves, were Detroit defenceman Carlo Colaiacovo, Vancou-



Carlo Colaiacovo was one of several veteran players placed on conditional waivers. JEFF GROSS/GETTY IMAGES

ver defenceman Keith Ballard and Buffalo forward Nathan Gerbe. The person revealed the list of waived players to The Associated Press on the condition

of anonymity because the NHL doesn't announce these moves.

"Due to the NHL salary cap decreasing this season, we needed to make this difficult decision to give the team more flexibility," Wild general manager Chuck Fletcher said regarding the team's decision to waive Gilbert.

The other four players waived on Wednesday could land in the same buyout category in moves made before the free-agency period opens at noon Friday.

Maple Leafs defenceman Mike Komisarek announced on his Twitter account that he is on his way out of Toronto. Set to make \$3.5 million over the final two years of his contract, Komisarek is expected to be bought out after spending part of last season playing in the minors. **THE ASSOCIATED PRESS**



Tour riders close the gap

The peloton passes through town as they approach the final climb during Stage 5 of the 2013 Tour de France on Wednesday in Cuge-les-Pins. Mark Cavendish finally shook off an illness and a drop in form to earn his 24th career stage win and close the gap on archrival Peter Sagan in the contest for the sprinter's green jersey. Australian veteran Simon Gerrans kept the Tour leader's yellow jersey. DOUG PENSINGER/GETTY IMAGES

Aaron Hernandez

Search of secret apartment turns up more evidence

A police search of a secret "flop house" rented by former Patriots tight end Aaron Hernandez turned up boxes of ammunition and clothing police believe could be evidence in the murder case against him, according to court documents.

Police say they learned about the apartment from Carlos Ortiz, a friend of Hernandez's whom prosecutors say was with the ex-player the night he allegedly arranged the shooting of Odin Lloyd.

They then searched the \$1,200-a-month apartment in Franklin on June 26, according to search warrant records at Wrentham District Court. Among the findings were a white hooded sweatshirt.

Surveillance video showed Hernandez wearing a similar sweatshirt the night Lloyd was killed on June 17, the records say.

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries

March 21 - April 20

Let your heart point you in the right direction — and don't hesitate to follow where it leads. If you're bold, something out of the ordinary will happen over the next 24 hours.

♉ Taurus

April 21 - May 21

You won't get a lot of free time today but what you will get is the chance to impress people in positions of power with your can-do attitude. Don't wait to be asked to do something — show initiative.

♊ Gemini

May 22 - June 21

You may think you can do as you please with no consequences but you are fooling yourself. Today's Sun-Uranus link warns that where there are actions there are also consequences — always.

♋ Cancer

June 22 - July 23

Petty squabbles could easily get out of hand today so make sure you control your temper, no matter what the provocation. Others may stoop to devious methods but you are made of nobler stuff, hopefully.

♌ Leo

July 24 - Aug. 23

This is a good day for those born under the lion sign. And if you make an effort to socialize, it could be a great day. Meeting new people will brighten your life in numerous ways.

♍ Virgo

Aug. 24 - Sept. 23

If you feel that you are being sold short in any way, you must kick up a fuss. The planets warn you will only get what you deserve if you stand up for yourself. Make noise.

♎ Libra

Sept. 24 - Oct. 23

The Sun squares up to changes planet, Uranus, across important angles of your chart today. If you expect the unexpected, it's unlikely you will be disappointed. Stay as flexible as possible.

♏ Scorpio

Oct. 24 - Nov. 22

Don't waste your time arguing with people who think they know everything. They have their way of looking at life and you have yours, and neither of you will convert the other.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone will encourage you to do something outrageous today and although you may be tempted to give it a go, you know that if it goes wrong, it's you who will suffer. So don't.

♑ Capricorn

Dec. 22 - Jan. 20

Someone important is expecting you to deliver on a promise and you must not let them down. You may have to burn the candle at both ends to get it done but it's a sacrifice worth making.

♒ Aquarius

Jan. 21 - Feb. 19

You may wish you could escape your responsibilities but with the Sun squaring up to Uranus, your ruler, today that won't be possible. There are things you have to do and the time to do them is now.

♓ Pisces

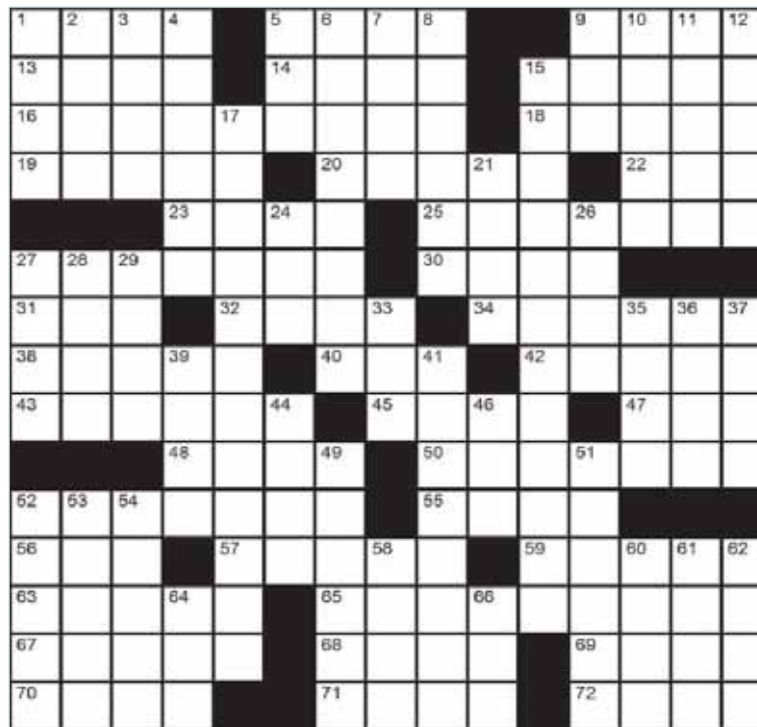
Feb. 20 - March 20

Keep an open mind today no matter how crazy some of the things you are told may sound. Just because they sound crazy doesn't mean they can't be true. Think outside your mental boundaries. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Big amount
5. Journey
9. Unluckily
13. Sad bio
14. Famous painting, with Lisa
15. Canadian satire magazine
16. Start business operations: 3 wds.
18. Prefix with 'arthritis'
19. Secretarial skill, shortened
20. Old roads of Rome
22. Red Rose product
23. Double
25. Toronto-born comic/actor Mr. Peters
27. Actor, Louis ___ Jr.
30. Annoyed state
31. In times past
32. Dentistry fear, ___ canal
34. Ms. Redford, Premier of Alberta
38. Eve ___, Jan Brady's portrayer: 2 wds.
40. Tom Mulcair's pol. party
42. Heavy construction lifter
43. Soap Opera, for one
45. Mr. Hudson aka Slash
47. 'Electron' suffix
48. Unappealing food serving
50. They're of little importance
52. "All over ___ / At



- Waimea Bay..." - The Beach Boys, "Surfin' USA"
55. Curt content
56. Ms. Lupino
57. "___ favour, say 'Aye'."
59. Hot ___ (Sundae stuff)
63. Bland

65. Scoots over: 2 wds.
67. "Jumping jelly beans!"
68. Early filmdom's Mr. Jannings
69. "___ '70s Show"
70. Lion lairs
71. Military level
72. Made by milliners

Down

1. Toronto neighbourhood, ___ Park
2. Help with the heist
3. Place
4. Daring movie feats
5. Brand symbols, e.g.
6. Canadian writer Mr. Mistry
7. When sports ties

- might be broken, ___
8. Documents, reports, etc.
9. MGM's motto, ___ Gratia Artis
10. Coffee order
11. Slippery as ___
12. Toast in a tavern!
15. Joggers ___

- (UNESCO World Heritage Site in Nova Scotia)
17. Songs for Celine Dion: 2 wds.
21. ___ race (Do the 10K, for instance)
24. "What was ___ do?"
26. "___ Crazy" (1980)
27. Spaces
28. Really look
29. Like unrefresh milk
33. CFL feats
35. Be boating
36. Grimm opener...
37. Scotland's famed Loch
39. Soybean paste
41. Mandy of TV series "Homeland"
44. Lounge around
46. Vase
49. Golfing great Arnold
51. "Born on the ___ of July" (1989)
52. Existed
53. Smart saying
54. Tokyo's locale
58. "___ Rock" by Simon & Garfunkel
60. Qatar's capital
61. Bearded animal
62. 911 respondents
64. Personal proofs, puny-ly
66. Wapiti

Yesterday's Crossword

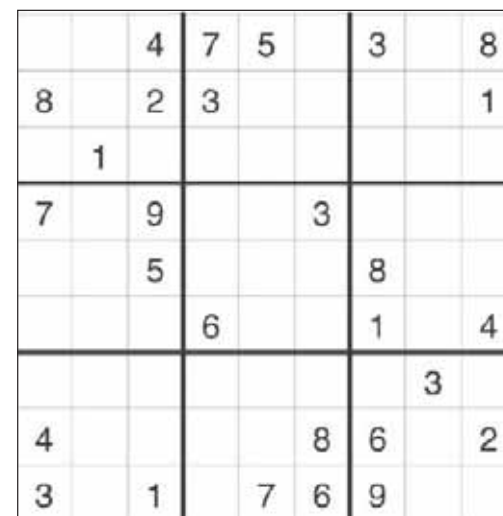


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Friday



Know what the weather
will be 14 days from now.
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Meet Maryam.

Born and raised in Cheboksary, Russia, Maryam had little time to play as a child. She was busy taking ballet, piano, singing, and French lessons, and dreamed of becoming an actress (or maybe a doctor). She became the first Russian student to finish high school at 14, and she then moved to LA to attend the LA Music Academy for Jazz singing. The following year, she moved to NYC and studied acting at the New York Film Academy. Maryam returned to Russia after receiving early acceptance into a university at 15, and completed this degree last month at the age of 17. She plans on following up these studies with an MBA in Health Care Business Management, but is currently working for the Russian Government. Though it's hard to believe she has any, in her free time Maryam likes to practice her oil painting, record music, experiment with photography, do hot yoga – and she also finds time to run 10 kilometers every day! We don't know how she does it, but Maryam makes room in her schedule to model for us – which she very much enjoys. Maryam is pictured here wearing the Malibu Swimsuit and Unisex Denim Jacket.

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